

# 30 DAY cleaning challenge

1. Clean kitchen countertops and sink
2. Wipe down your kitchen cabinets.
3. Clean out the fridge and throw out any expired foods.
4. Clean the oven and stove top.
5. Clean the microwave inside and out.
6. Sweep and mop the kitchen floor.
7. Clean out medicine closet. Throw out any expired medicine.
8. Wipe down bathroom cabinets.
9. Scrub tub/shower in bathroom.
10. Clean toilet and scrub vanity tops and mirrors
11. Wipe down baseboards with a damp cloth.
12. Clean under beds. Throw out any trash and vacuum under beds.
13. Clean mattress and wash pillows.
14. Dust living room furniture and clean under couch.
15. Vacuum and wipe down any upholstered furniture.
16. Change the furnace filter.
17. Clean out floor vents. Vacuum and clean out any debris.
18. Wipe down light switches with a damp cloth.
19. Vacuum dust from ceiling fans and wipe them down with a damp cloth.
20. Clean the windows from the inside.
21. Wipe down blinds with a damp cloth.
22. Wipe down door knobs with a damp cloth.
23. Clean the washing machine inside and out.
24. Clean out the dryer, make sure you clean the vent well too.
25. Wipe down cabinets in laundry room and mop floor.
26. Clean trash from car and sweep it.
27. Sweep garage floors
28. Clean windows from the outside.
29. Sweep off front and back porch.
30. Clean and wipe down any patio furniture.